



CLASSIC BAKED ACORN SQUASH

INGREDIENTS

- 1 Acorn squash
- 1 Tbsp Butter
- 2 Tbsp Brown Sugar
- 2 teaspoons Maple Syrup
- Dash of Salt



DIRECTIONS

1. Preheat oven to 400°F.
2. Using a strong chef's knife, and perhaps a rubber mallet to help, cut the acorn squash in half, lengthwise, from stem to end. Use a spoon to scoop out the seeds and stringy stuff in the center of each half. Score the insides of each half several times with a sharp knife. Place each half in a baking pan, cut side up. Add about a 1/4 inch of water to the bottom of the baking pan so that the skins don't burn and the squash doesn't get dried out.
3. Coat the inside of each half with 1/2 a Tbsp of butter. Add a dash of salt if you are using unsalted butter. Add a Tbsp of brown sugar to the cavity of each half. Dribble on a teaspoon of maple syrup to each half.
4. Bake in the oven for 1 hour to 1 hour 15 minutes, until the squash is very soft and the tops are browned. Do not undercook. When finished, remove from oven and let cool a little before serving. Spoon any buttery sugar sauce that has not already been absorbed by the squash over the exposed areas.